## DIET AND HEALTH.

By DR. LULU HUNT PETERS

The leading writer of the day on medical subjects. She is the leading authority on diet and health in the country having been chairman of health work in California under the auspices of the Federation of Women's Clubs. Hery areitcles appear exclusively in the Bridgeport Times.

two days now. You have had skim milk or buttermilk or fruit juice or stomach-low-calorie-liquid-diet per-any other liquid not totaling more iod, then for some of the most delithan 100 C. a glass, six glasses during the day. If you have not been able to get fresh milk, perhaps you got the skim milk or the whole milk powder, or perhaps canned milk, and We want this information only for you have made it up according to

directions on the can.

Fresh milk is 20 C, to the ounceskim or buttermilk is half or 10 C. (because there is no fat in them), LOOKS, and fruit juice is about 15 C, to the Name '.

How do you feel-it's not so terrible is it? Wait until you get on the scale after the third day!

You will lose from five to ten pounds after three days of a liquid diet which does not total over 500 

any reward for the return!
Remember what I told you about weighing on the same scales, in the same weight clothes, and at the same time in relation to eating and elimination.

While we are on the question of While we are on the question of Pastries ...candy ...fruit...

elimination, let me tell you that you cream....gravies ....potatoes ....
may be constipated. Don't worry meat .....vegetables .....nuts.... about it. There's too much worry Do you consider yourself a light anyway about constipation. You may eater take an enema, or some mild cathar-tic if you feel happier. We will dis-Breakfast ...... cuss constinution later.

The elmination of the water from your system-a lot that was retained before to dilute the poisons in the Lunch ......tissue, fluids and blood as the result of too much food, plus the liquid you are taking for nutriments plus the free water drinking-all this liquid Dinner ........ eliminated, will be a plenty. Don't worry about it. Just keep within running distance of a comfort station, Some of my devotees have thought

they were having kidney trouble because of this very free elimination. But that is not a symptom of kidney

TWO-THIRD SHRUNK
You have been on a liquid diet fer when one is on a liquid diet.

One more day of the shrinking cious food you have ever tasted.
Please fill out the following form

blank and send it in. We will never use your name without your consent scientific data compilation, and it will help you to keep your resolutions to reduce and thus improve your health, efficiency and happiness. AND

Name ..... Date ..... Weight at beginning of class ..... Normal weight .....(by rule given) 

Put down your average (be honest): .....

Between meals (Be honest!) ..... 

IF YOU'D LEAD IN SPORTS, WEAR THIS CAPE SUIT



The cape suit or dress promises The cape suit or dress promises to rival even the tailored tweed suit this season, and to the miss who would lead in sports this model gives her just the wanted opportunity. Trelaine makes this outfit. Jersey green is the color. The slim line frock boasts pockets and a low belt, and the edges of both frock and cape are bound in languered ribbon. lacquered ribbon.

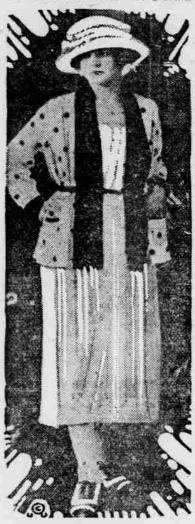
THIS SUIT MAY START ANOTHER RUSH FOR COAST



Miss Phyllis May in her 1922 model bathing suit.

"It'll be safe to get this "It'll be safe to get this suit wet," the manufacturers told Miss Phyllis May. It's the new 1922 model for California beaches. This year's beach apparel will combine practicability with appearance and it won't mean ruin if the suits should happen to get wet. Last season many suits were designed for beach wear only.

COIN DOT IS NEW IN SWEATER WORLD



Just when one thinks the sweat-er has offered every possible varia-tion it is capable of a designer brings forth this model of white silk with huge coin cots of black and a black tuxedo collar, cuffs and

THE CHANGING ILONA. Once in the sanctuary of her room,

THE USEFUL CREAM JAR

skin needs astringents rather than cold cream, but if she has black-

heads, which are common to greasy

skins, she should use a cleaning cream before she washes her face, but then

get is all out with soap and hot

Few women seem to know the very

best way of using cold cream. It is

primarily a cleansing agent, the inex-

pensive creams on the market have

only one virtue, that of being cleans-

tips and then wash it all out with soap and warm water. This will

leave the skin cleaner than ordinary soap and water could make it, soft

and fine loking and not dry as it might be from soap and water wash-

Creams to eliminatew rinkles or nourish the skin are made of dif-ferent and expensive ingredients.

Cold cream should be used but not

The woman with an oily

Ilona drew a long sigh of relief. Her nerves were strangely a-quiver tonight. She felt infinitely depressed, "It must be because of being shut

in the way I am now after the other life." she murmured to herself, as she threw herself on the low couch by the window. "These four walls seem to smother me 'specially at night. Oh how good it used to be to feel the cool air on one's face at night and be able to lie and count the stars in the sweet stillness. Seems as if they were what I miss most at night, the stars." she went on, looking dismally round the room and noting the pomp and glory that were now

Still the couch with its old-rose satin covers and downy pillows was comfy. There was no denying that. Then she fell to wondering, if in time the very softness and ease of the life would get into her senses, under her skin, as it were, and bind her a prisoner to all of the luxury that was now hers? Maybe. One could never tell about these things and after all, with her old pals far away what was there for her to do, but to make up her mind to face, and accept the present situation.

With a sudden burst of energy Hona drew herself up from the couch, and walked over to the dressing table, a-gleam with its costly burdens. She never failed to wonder at the many exquisite silver and crystal toilet accessories that her mother had

deemed it imperative she have. all I need is a comb and a toothbrush, really, mother," Ilona had assured her, as she watched Mrs. Cameron, pfling up silver bauble after silver bauble. "Why I don't even know what to use two-thirds of these love-) by looking things for," she protested. And as for those creams and powders, why mother, I've never used anything but brook water on my face in all my life." This, as she saw her mother ordering various jars of lotion and French face powders.

If the skin is chapped,

bed time.

A cream rubbed into the skin and easily taken as it has no flavor. The allowed to stay on must attract dirt action of the agar is to become a and dust, it cannot do otherwise. If gelatinous mass that passes through

it is covered with powder it forms a the system clearing it but it has no

thick, sticky mass which clogs the purgative tendency. If the agar agar

pores and, in my opinion, does much is not convenient to attain a fair more harm than good. Therefore, the best way to use cold cream is to rub it over the face, work it thoroughly into the skin with the finger as you would a breakfast food.

This treatment, like every other variety of face washing, should be personal or quicker reply is desired, a stamped and self-addressed enterprise a stamped and self-addressed enterprise and self-addressed enterprise

toric Beauties.

question .- The Editor.

wrinkled, a special cream made with vegetable oils should be used. This

skin has been washed, preferably at

pounds overweight you can lose this easily through your exercises in the gymnasium of the college you are at-

tending. This will be preferable to attempting a diet while at school, which would be very inconvenient.

Inquisitive:-Agar agar is excellent

ed. It is a Japanese seaweed sold in buik form at all drug stores and is

taken by sprinkling a table spoonful of it over the breakfast food. It is

substitute is bran. This can be taken

as you would a breakfast food. Tomorrow—Imperfections Of His-

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these

columns in their turn. This requires considerable time, however, owing to

for keeping the digestive tract clear-

sort is most effective if used after the

Sunshine:-As you are only ten

"Well, it's high time that you began to, my dear, that's all." Mrs. Cameron, firmly proceeding with her list.

Little did she know that many of the bottles and boxes of beautifiers had been neatly piled behind a book-case in her daughter's room. Of one thing Ilona was certain she was not going to take to creams and cosmetics for any one in the world, never! Now, with an imperious toss of

her tawney head, unconsciously learned from Truda, she sat down before the mirror and fell to studying her

face, closely.
"Seems like you've changed your expression in the last few days," she said to herself. "No doubt about it at all. Why you're not at all the Ilona of barefoot days. You look almost peevish and discontented. Heavens, that's the very way so many of the girls 'round here look, too!" Here she shok her head at her own reflection, dismaily.

(To Be Continued.)

teen years old and a sophomore in high schol. I have been going with a young man who is two years older than I, but we do not keep steady looking and is as nice a boy as you

would want to meet.

My mother does not care for this boy and does not like to have me rubbing the arms with oil.

go with him. Please advise me what Whether they are migrely masto do for I like him very much and know he likes me also. Should I try to forget him and not keep company

am also considered good-looking have many boy friends but do are for any of them as well as mother cares for this boy, but I do not care as much for him as I do

the first one mentioned. Should I tell the boy that my mother does not care for him and dry. If any water remains on, the with him? | gree Please tell me what to do for I can hardly give him up. HEARTSICK BETTY.

Perhaps you can persuade your This lotion is then rubbed slowly mother to let you go with a boy. If round and round all the time, so not, however, when he asks to take every part of the surface is massaged, you places, tell him your mother will It will be necessary to put on more not let you go, and if he asks to call at your home say that your mother of applying too much.
does not wish it. I would scarcely advise you to tell him your mother tinued for five minutes the skin may does not like him, because it would be wiped with a dry and soft cloth hurt his feelings.

Dear Mrs. Thompson: Will you kindly put a remedy in your column | the pores, that should be full of oil to enlarge legs and arms as my legs and arms are very small for my size. I cannot swim.

MRS. D. O. T.
The treatment essential to the improvement of the arms is bandaging a daily walk of two or three miles. them at night. This process takes Swimming would be more beneficial only a few minutes, and the results than any other exercise to develop after a time will be most gratifying. the legs and arms. This summer

Dear Mrs. Thompson I am seven- | old linen in either sweet almond or olive oil. wrappings about four inches wide These are placed firmly about the arms, but not so tight as to stop circulation. It is important to put thin He is considered good-d is as nice a boy as you prevent grease from rubbing off. A person who does not wish to go into this treatment will get results by

saged or wrapped the preliminary is the same. The skin, from wrist to shoulder, should be mopped with warm, but not hot, water, the operation taking at least ten minutes. The object is not only to cleanse, but to soften the skin and open the pores, this one, except one and I don't so the surface will be in condition think he cares much for me. My to absorb the massage oil.

In applying the unguent the motion should be circular and rather gentle. These movements must not be made until the arm is entirely not be absorbed

Beginning at the wrist, the arm is clasped by the other hand that has previously been covered with oil. occasionally, there being no danger

and then the entire surface should be patted with cold water. This makes the skin firm and hard, closing

If exercises are to be taken it is better that they should be gone through with before oiling.

The above treatment will also develop the legs. I would also advise It is best done by seeking some soft learn to swim and to play tennis.

#### HOOK THE NEXT ONE," SAYS MRS. RUBE AS MARQUARD TRIÉS HORSESHOE GAME



Rube Marquard tossing a mean shoe while Mrs. Marquard looks on.

#### HE MAKES YOUR MONEY FOR YOU -IN THE MINT



F. E. Scobev

F. E. Scobey, Texas, recently became the new director of the U.S. mint. He was appointed by Presi-dent Harding, whom he entertained in Texas shortly after his

#### FAMOUS WIDOW AND 3 CHILDREN NOW DESTITUTE



Lady Ernest Shackleton

ady Ernest Shackleton, widow of the noted British Antarctic explorer, and her three fatheriess
children are destitute in their home
at Eastbourne, England. A hasty
appraisal of the explorer's affairs
show that he put all his cash and
securities into the last polar expedition on which he died.

#### WRANGEL ISLAND TO BECOME PART OF CANADA, RUMOR



Wrangel Island.

That Wrangel Island, the far northern land on which Viljalmar Stefansson planted the British flag last summer, will eventually be added to the Dominion of Canada is the belief in Canada. It is believed that the island was formally claimed in the name of Great Britain to avoid international complications. The island lies north and west of Bering Straits and

#### OFFERS SELF AS SLAVE FOR FUNDS TO SAVE MOTHER



Charley Jones.

A life to the nighest bidder; Charley Jones, mechanic, of Ana-heim, Cal., offers his. The black sheep of a family of twelve. Char-ley now wants to raise at least \$1,500 imrediately to save the sight of his mother's eyes. His mother recently wrote him that unless her eyes were operated upon at once she would lose her sight. Now Charley is willing to eight his life away for \$1,500. His mother, Mrs. Esther Jones, lives in Teritor Okfo.

## OUZEHOLD HINT

teaspoon.

MENU HINTS Breakfast Oatmeal with Dates.

Goldenrod Eggs. Toast. Coffee. Lancheon. Salmon Salad. Parkerhouse Rolls.

Nut Cake. Tea. Dinner. Bouillon.

Baked Pork Tenderloins. Apple Sauce. Baked Potatoes Creamed Carrots and Peas. Lemon Cake Pie.

TODAY'S RECIPES Goldenrod Eggs-Six hard boiled eggs, white sauce. Boil the eggs hard, separate yolks from whites.

Prepare a white sauce and put the chopped egg whites into it. Pour over squares of buttered toast and put pulverized yolks on top. Salmon Salad—One can salmon, one bunch celeny, six cold boiled potatoes, ten chopped English wal-

nuts, one lemon (juice), salad dress ing. Free the salmon of all skin and bones, flake lightly. Chop the potatoes, also celery; mix all and add the lemon juice. Mix with salad dressing, garnish top with chopped nuts and serve on lettuce.

Nut Cake-One and one-half cups sugar, one-half cup butter, three eggs, one-half cup milk, one teaspoon vanilia flavoring, two cups flour, two teaspons baking powder, one-half teaspoon salt, one cup nut Baked Pork Tenderloin-Cut whole

pork tenderloin lengthwise about an inch deep and fill with poultry dressing; basic with tomato juice seasoned with onions and ap inch of cloves. Strips of bacon laid across the top add to the flavor.

Lemon Cake Pic-One cup sugar, two tablespoons flour, yolks of two eggs butter size of a walnut, salt, juice of one lemon, grated rind of one orange and lemon, one cup of milk added gradually. Beat thoroughly, then fold in the beaten whites of the eggs. Put in unbaked crust and bake.

SUGGESTIONS To Clarify Soups—Soup can be made perfectly clear by taking the fellied stock from which he grease has been removed, and stirring into it, while cold, the slightly beaten white and crushed shell of one egg to each quart of stock. Put on stove stir constantly until it boils, and boil violently for five minutes; throw in a half cupful of cold water, let stand five minutes in warm place; let drain through fine cloth without pressing.

Four tablesponfuls equal half a gill, or one-quarter cup. Eight tablesponfuls equal one gill,

or half a cup. Two gills equal one coffee cupful.
Two coffee cupfuls equal one pint.
Two pints equal one quart.

Four quarts equal one gallon, Two tablesponfuls equal one ounce. liquid. One tablespoon salt equals one

ounce One tablesponful of soft butter, well rounded, equals one ounce. An ordinary tumbler equals one coffee cupful, or half a pint. About twenty-five drops of any

thin liquid will fill a common-sized

Grated raw potato is a splendid oleanser of stained and dirty carpets. Rub it over the surface, then finish off with a warm, damp cloth.

A newspaper rolled tightly and tled in the middle with a string makes a handy hanger for wash dresses, etc., on ironing day.

#### Unpublished Picture of General Grant's Mother



Here is a hitherto unpublished photograph of Mrs. Jesse Grant, nee Hanna Simpson, mother of former President U. S. Grant. The picture was made in Cincinnati during the late "sixtles." The original will be seen at the Grant Centenary celabration to be held at Point Pleasant, Ohio, April 27. President Harding will be the principal speaker at the celebration.

### BREAKING IN A NEW PAN.

A new enameled pan should be put into cold water and placed on the stove until the water oits. Let the pan cool in the water to toughen the enamel.

### BREAD BOXES VS. RUST.

Tin bread boxes are prevented frousting by pasting pieces of oliclo on theh ottom of the container.

# CENSORSHIP.

You may censor the movies and censor the shows,

from France.

And censor the powder on Flapper Nell's nose. You may censor the music and censor the dance, And censor the gowns that come over

You may censor the knickers and censor the skirts And censor all womanhood until It hurts. You may censor the bathing suits,

censor the art, And censor the bell on the rag peddler's cart. You may censor the whistling and as just another one of those things.

restaurant bande And censor the popcorn and frank-furter stands.

You may censor the phonographs, radio, too, And censor the postcards that aren't quite true.

. You may censor the spavin, rheumatics and pip.
And censor the chilblains, the flue

and the grippe. You may censor hop-scotch, dominces, golf and chess, And censor pinochle and games where you guess. You may censor all marbles, peg-

tops, blindman's bluff, And censor all other pastimes that are tough. You may censer most anything, any

old time-

BUT

Don't censor the censors, for that is a crime.

He found alimony so expensive, a Chicago man has married his wife again, which shows to what lengths and sing: "Britannia and Japannia some men will go to save money. Rule the Waves."

The German mark has reach a record low level. When you buy anything there now the storekeeper makes you take a couple of bushels of marks along with it.

. . .

Spring asparagus is good for the health and is pleasing to the taste and liked by everybody, hence it sells for 50 cents an inch. Parsnips, which nobody likes, can be bought for 50 cents a mile. . . . Now that both Jack Dempsey and

Bebe Daniels have denied the rumor that they are to be married, we must bear the disappointment as bravely as we may and put the rumor down Having just "married and settled down at home" a month ago, Pauline

A MARCH HARE

contract for five years, and will open

Frederick has signed a

Mr. and Mrs. Stephen Rabbits, 199 Genesee street, are the parents of a baby boy, David, born March 1 .-Passaic Daily News.

theatrical

New York paper announces that this will be a great year for chap-shoorters, and more will be engaged in the game than ever before. While the paper is doubtless correct, we have an idea it meant "trapshooters."

In some cases recently, parents have been rousing themselves until they have become almost as sophisticated as their sixteen-year-old chil-May have to revise the old hymn

Map shows location of Wrangel Island in relation to Canada, Alaska and the Pacific coast of the U. S. Arrow points to Wrangel Island.